

INFORMATION DISCLOSURE CITATION <i>(Use several sheets if necessary)</i>				Docket Number (Optional) FIRS-2992		Application Number 10/631,279	
				Applicant(s) Keith A. Ranieri			
				Filing Date 07/31/2003		Group Art Unit 3715	

U.S. PATENT DOCUMENTS							
*EXAMINER INITIAL	REF	DOCUMENT NUMBER	DATE	NAME	CLASS	SUBCLASS	FILING DATE IF APPROPRIATE

U.S. PATENT APPLICATION PUBLICATIONS							
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FOREIGN PATENT DOCUMENTS								
	REF	DOCUMENT NUMBER	DATE	COUNTRY	CLASS	SUBCLASS	Translation	
							YES	NO

OTHER DOCUMENTS		<i>(Including Author, Title, Date, Pertinent Pages, Etc.)</i>
		Half Marathon Training, Running and Racing...Part Two, Anaerobic Threshold Training. [online]. 3 pages. [retrieved on 8/17/2000]. Retrieved from the Internet:< URL: http://home.sprynet.com/~holtrun/halfmara.htm >.
		BALBACH, Lisa. What is Aerobic Exercise and Why Should I do it? [online]. 2 pages. [retrieved on 8/16/2000]. Retrieved from the Internet:< URL: http://k2.kirtland.cc.mi.us/~balbach1/aeroprln.htm >.

EXAMINER	DATE CONSIDERED
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*EXAMINER INITIAL		OTHER DOCUMENTS <i>(Including Author, Title, Date, Pertinent Pages, Etc.)</i>			
		HIGDON, Hal. Hal Higdon's Marathon Training Guide - Novice Program. [online]. 2 pages. [retrieved on 8/17/2000]. Retrieved from the Internet:< URL: http://www.halhigdon.com/marathon/nprogram.html >.			
		HIGDON, Hal. Hal Higdon's Marathon Training Guide - Advanced Program. [online]. 2 pages. [retrieved on 8/17/2000]. Retrieved from the Internet:< URL: http://www.halhigdon.com/marathon/eprogram.html >.			
		TUCKER, James A., DC, CCN. Aerobic Exercise. [online]. 3 pages. [retrieved on 8/16/2000]. Retrieved from the Internet:< URL: http://www.jkfa.com/alpub/aerobics.htm >.			
		Star Trac Model TR4500 Treadmill. [online] 2 pages. (Product information page) iTreadmills.com TM . [retrieved on 11/8/2000]. Retrieved from the Internet:< URL: http://www.itreadmills.com/startrac/tr4500_treadmill.htm >.			
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